



Don't Cheat! (on your diet): The Go-To Guide When You Feeling Like Cheating (Mind Body Fit Book 3)

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A LITTLE INSPIRATION

It happens to everyone. Someone offers you a piece of cake and they don't want to take “no” for an answer. You're standing in line at the grocery store and all the little rows of candy start calling you with their seductive ways. On the drive home from work you accidentally pass the same Dunkin Donuts nine times. It happens!

Times will come when in the midst of chaos you will feel that your weight loss goals are slipping away. This book is designed to help you through those times.

Here you will find words of wisdom from inspired thinkers, and things to do when you feel the urge to splurge and go off your diet.

The quotes were chosen to set your mind to ponder. Some may not make sense in regards to your weight loss program until you really think about what is being said and apply it to your own set of circumstances. You are learning to think beyond the confines of your physical body. Reaching for the stars is no longer wishful thinking.

Overcoming your weight challenges is directly tied to overcoming the things that have caused the weight gain. It's a process.

Remember, it's not just your weight you are trying to control. You are also battling the demons that brought you to a place where you felt it was safer to hide in a fat body than live in a thin one.

The pieces chosen for this book are edification for the mind and spirit. They give you something to chew on besides jerky. Sometimes the most profound thoughts on motivation come from the least likely sources.

Why not start your own collection of quotes and stories/poems that motivate you?

Why not write down some of your own pearls of wisdom that you can share with others in order to help them?

Remember:

A journey of a thousand miles begins with a single step.

Confucius

?

WHY DO YOU WANT TO CHEAT?

You try and try and try. You do everything right, but you still want to cheat on your diet. Why?

At some point, everyone who struggles with a diet solution feels the urge to cheat. It is one of life's little roadblocks on the avenue to our success.

The urge to cheat can be one of several reasons or a combination of any of them. Basically, that urge comes from five central sources:

1. Hunger
2. Stress
3. Depression
4. Temptation
5. Boredom

Any of these can hit you without warning and, before you know it, you're reaching for some comfort food. Let's examine each of these reasons more closely and you will understand why you have the urge to cheat and how to deal with that urge.

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Dorothy Tran:

Why don't make it to become your habit? Right now, try to ready your time to do the important take action, like looking for your favorite e-book and reading a e-book. Beside you can solve your long lasting problem; you can add your knowledge by the guide entitled Don't Cheat! (on your diet): The Go-To Guide When You Feeling Like Cheating (Mind Body Fit Book 3). Try to face the book Don't Cheat! (on your diet): The Go-To Guide When You Feeling Like Cheating (Mind Body Fit Book 3) as your pal. It means that it can for being your friend when you truly feel alone and beside regarding course make you smarter than in the past. Yeah, it is very fortunated for yourself. The book makes you much more confidence because you can know every thing by the book. So , let me make new experience and also knowledge with this book.

James Brown:

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Sara Burns:

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